



# Zone 3 News – Summer 2018

## CALGARY 55 plus Games Association



### Message from the President

Greetings from your new President! If you were not at the Annual General Meeting in March, here is some information. Our Provincial President, Wayne Davies, attended and he spoke about how we are

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### Important Dates:

**May 7, 2018** - Alberta 55 plus Annual General Mtg. in Red Deer. **Free Bus Ride**  
Put your name on the list by contacting Yvonne:  
at 403-274-6720 or  
email: [armstby@shaw.ca](mailto:armstby@shaw.ca)

**May 18 – 20, 2018**  
Camrose - Alberta 55 plus Spring Playoffs

**July 14 - 15, 2018**  
Calgary 55 plus Casino Elbow River – volunteers needed call Gertie:  
403 – 273-3955

**August 21-24, 2018**  
Canada 55 plus Games Saint John, New Brunswick

dropping the present format of Spring, Summer and Fall Games owing to the tremendous demand these Games placed on our Zones and their coordinators. We cannot afford to burn-out these valuable volunteers as they are critical to our success. We are returning to the old format of Summer and Winter Games. Now we can focus on more local events like our Fun Days. The Spring Games in Camrose and the Fall Games in Edmonton this year will be the last ones. Good luck to all our competitors!

I welcomed all the new members and spoke about how I would like each one of us to find us at least two new members each year. I stressed that we should not emphasize competition to our prospective members, we will leave that to our competitive members, but instead talk about the three "F" s – Fellowship and Free Food. Speaking of which, I hope we have a full bus on May 7<sup>th</sup> to head to the Provincial Annual Meeting in Red Deer. Be sure to wear a red shirt to show them a wave of Calgarians when you walk into the main room and do not forget to bring your 2018 Zone 3 Membership card so you can vote. Last year Calgary changed a few Provincial Board positions and this was critical to our success in the Calgary 2017 Provincial Summer Games.

I also spoke about the bid I am working on to present to our Board on bringing the 2020 Canada Games to Calgary for the first time. This will involve twenty-five events plus a 5 km and a 10 km run. I want to thank our present Past President, Doug Kyle, and our Treasurer, Ram Achal, for meeting with me to give me important information for the bid. Likewise, thank you to all the coordinators who have helped with the process. If the Board approves the bid, it will be sent to the National Office for a review and assessment. In turn, we will not find out until the Canada Games in St John, New Brunswick whether we were successful. If we were, we have to give a presentation on Calgary's Canada Games at the Closing Ceremony.

Finally, I want to thank Doug Kyle for being my mentor over the past two years. Thanks to his tremendous job on our Games last summer I was inspired to aim for holding the Canada Games here. I told him that I call the committee that put it on last summer's events "The Dream Team". I believe we have the best coordinators in the Country and I want to test that theory.

Good luck to all of you this year and please stay healthy!

**Rob McKinnon, CD2, PHD**

Summer Schedule Attached

## Welcome to 3 'New' Calgary 55 plus Board Members!



**Don Everett**  
Director at Large and  
Darts Coordinator

**Don Everett:** My working career was spent in the energy business. I started with Chevron Canada and worked in the Purchasing Dept. for 10 yrs. I moved to Norcen Energy for the remainder of my career and with subsequent mergers/take overs eventually worked my way up to Vice President at MP Energy. This company was sold to Gibson Energy where I retired as Manager of Marketing in their Liquids Division. My wife Jan and I have been members of Zone 3 for a number of years. We've played darts in both the local and provincial games as well as cribbage in the last tournament. I'm also a long term member of the Kensington Legion where Jan and I play in the dart league. Recently I was a volunteer in this year's veterans poppy campaign.

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**Ken Parent**  
Director at Large and  
Badminton Coordinator

**Ken Parent:** I retired in 2008 after working 40 + years in the Oil & Gas Industry in various Accounting - Administration positions. Enjoy being active & have been a YMCA member since the 70's. I am an active member of two other senior groups - Elbow Valley Cycle Club where I coordinate & ride 2 - 3 times a week during the season and cross country ski weekly in the winter with Skrastins Outdoor Club. I play badminton regularly at various drop-in locations during the winter and am the badminton coordinator for Calgary 55 plus. Golfing is another activity I enjoy and play whenever I can.

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**Debbie Stapleton**  
Special Event's Director and  
Bocce Coordinator

**Debbie Stapleton:** I spent 43 years in the Oil & Gas Industry as an Accountant and now am enjoying retired life. I was Social Director of various Oil & Gas Social Clubs where I organized the Companies Annual Christmas Parties, Golf Tournaments and Stampede Breakfasts & Barbeques. I joined Calgary 55 plus in 2008 and participate in Bowling, Bocce and Cribbage. I have participated at the Provincial and Canada Games level in both Cribbage and Bocce. I have been Calgary 55 plus Bocce Coordinator since 2015. I also volunteer for Calgary 55 plus in the mailing of the Newsletter and the Casino Nights as a Cashier.

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### Message from the Membership Director



**Yvonne Armstrong**  
Membership Director

Spring has sprung and I wonder where the remaining 367 Calgary 55 plus Members have gone from the year 2017? Now is the time to renew your 2018 membership before all the activities get started for this year!

You can renew your membership for only \$30.00.

Make your cheque out to Calgary 55 plus. Then mail it to me.

**Attention:** Membership Director, 507 Trafford Dr. NW, Calgary AB T2K 2T2 or pay by Credit card by going online to either Calgary 55 plus web site or the Alberta 55 plus web site.

See you at the activities!

Yvonne (403-274-6720) e-mail: armstby@shaw.ca

## **LAWRENCE KING SELECTED CALGARY SPORTSMAN OF THE YEAR!**



On April 15<sup>th</sup>, 2018 ‘one of our own’ Lawrence King was awarded a red jacket. The Calgary Booster club congratulated Lawrence King as the 2018 Sportsman of the Year during its 65<sup>th</sup> Annual Sports Gala at the Canada Olympic Park, Markin MacPhail Centre. “This is a special night for us,” club president Jon Jewell said to over 1000 guests. “We get to celebrate 65 years of selecting a Sportsman of the Year. This year, it is Lawrence King, a very deserving recipient.” King is being recognized for over 50 years of leadership in track and field, basketball and work around the community.

Lawrence King is a Calgary 55 plus Zone 3 Board member, an Assistant Activity Director for Summer Activities and Coordinator for Snooker. Lawrence coaches Provincial Teams and in 2017 was Meet Director in Track and Field for the Alberta 55 plus Summer Provincial Games.

Lawrence attended Idaho State University on a track scholarship, graduated and came back to his hometown Calgary to begin a teaching career. He started as a Phys Ed Teacher and ended up as a Principal. Lawrence was always known for his willingness to step up and take on leadership projects. He has been a High School Head Track Coach and coached a local Track and Field Club, called CALTAF, of which he was a member in his running days. He coached basketball at the school and community levels. He also wrote a book called “100 Years of High School Athletics”. Lawrence remains Chairman for High School Awards and Scholarships. He received the Routledge Award for outstanding service to Provincial High School Athletics - its highest Award! Lawrence has a gym named after him at Henry Wisewood High School.

**Lawrence as Calgary Sportsman of the Year --- an honour he richly deserves!**

Submitted by Doug Kyle, his former coach.



## **SUMMER ACTIVITY DIRECTOR’S REPORT**

The Alberta 55 plus organization decided to hold a number of Provincial Games in the Spring of 2018 in Camrose, Alberta. Consequently, Zone 3 had to have playoffs early this year to qualify for these games in Contract Bridge, Cribbage, Floor Curling, Military Whist, 8 Ball Pool and Scrabble. We had 134 members participate in these events with 25 members qualifying and going to Camrose in May. One additional member qualified in Snooker last Fall who will also be going to Provincials.

The summer schedule of Zone 3 playoffs is now complete for 9 activities and is included in this newsletter. A number of these activities will be qualifiers for Provincial Games to be held September 7 – 9, 2018 in Edmonton. In 2019 Alberta 55 plus will be going back to only two sets of Provincial Games each year those being Winter and Summer. The 2019 Winter Games will be hosted by Cold Lake in March, 2019.

Remember that your \$30 annual membership fee allows you to participate in all of our activities and also provides a free lunch at each activity event.

**What a bargain!**

**Dan Guglielmin**

**[www.calgary55plus.com](http://www.calgary55plus.com)  
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## 2018 – 2019 Calgary 55 plus Board of Directors – Contact List

Position	Name	Organization Email
President	Rob McKinnon	president@calgary55plus.com
Past President	Doug Kyle	pastpresident@calgary55plus.com
Treasurer	Ram Achal	treasurer@calgary55plus.com
Secretary	Carmelita Monroy	secretary@calgary55plus.com
General	Carmelita Monroy	info@calgary55plus.com
Membership	Yvonne Armstrong	membership@calgary55plus.com
Casino	Gertie Collins	casino@calgary55plus.com
Assistant Activity Summer	Lawrence King	assistantactivitysummer@calgary55plus.com
Summer Activity Director	Dan Guglielmin	summeractivity@calgary55plus.com
Winter Activity	Doug Kyle	winteractivity@calgary55plus.com
Publicity & Communications	Kathryn MacGregor	publicitycommunications@calgary55plus.com
Director at Large (Medals)	Norm Thomas	medals@calgary55plus.com
Director at Large (8-Ball)	Al Enevold	promotions@calgary55plus.com
Director at Large (Swimming)	Keith Shaw	swimming@calgary55plus.com
Director at Large (Darts)	Don Everett	darts@calgary55plus.com
Director at Large (Badminton)	Ken Parent	badminton@calgary55plus.ca
Director a Large (Bocce)	Debbie Stapleton	bocce@calgary55plus.com
Director Special Events	Debbie Stapleton	specialevents@calgary55plus.com



- ✓ **Tom Wilcock – Contract Bridge**
- ✓ **Norm Thomas – Cribbage**
- ✓ **Cordella Schwengler – Floor Curling**
- ✓ **Karl Janousek – Alpine Skiing**
- ✓ **Roy Thompson – XC Skiing**
- ✓ **Lenora Schwab – Military Whist**
- ✓ **Doug Kyle – Scrabble**
- ✓ **Al Enevold – Pool 8-Ball**

### ALBERTA 55 plus MISSION STATEMENT:

Given the inherent physical, emotional, psychological, intellectual and social benefits for people 55 plus years of age who pursue an active lifestyle, the Alberta 55 plus Association shall initiate and sponsor activities which support these benefits.

The Calgary 55 plus Games Association is in urgent need of a 'Cultural Arts and Crafts' Coordinator and an Assistant Coordinator. If you are interested or know of someone that may be, please contact:

Doug Kyle at (403) 255 – 7932  
or email: [dougalugadonut@shaw.ca](mailto:dougalugadonut@shaw.ca)

[www.calgary55plus.com](http://www.calgary55plus.com)

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## SPRING 2018 CALGARY 55 plus PLAYOFF RESULTS

RESULTS FOR **CROSS COUNTRY SKIING** HELD JAN. 30, 2018 AT CONFEDERATION GOLF COURSE. THERE WERE 5 SKIERS AND IT WAS COORDINATED BY ROY THOMPSON.

MEN 60+: Gold, David Lawson

MEN 65+: Gold, Clint Docken

WOMEN 55+: Gold, Jennifer Enta

WOMEN 60+: Gold, Suzanne Eugster

WOMEN 70+: Gold, Donna Fallon

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RESULTS FOR **ALPINE SKIING** HELD FEB. 8, 2018 AT NAKISKA SKI AREA WITH 45 SKIERS AND COORDINATORS WERE KARL JANOUSEK AND NICK RADMANOVICH.

### RECREATIONAL SKIERS

M80+: Gold, Jack Whitlie

M75+: Gold, Theo Chrtisten

M70+: Gold, Terry Whyman

M65+: Gold, Adolf Brunhoffer; Silver, Herald Johns; Bronze, Helmut Kokemor

M55+: Gold, Doug Warren

W75+: Gold, Bertha Ann Fisher

W70+: Gold, Gail Ennis; Silver, Shirley Blatchford; Bronze, Judy Bilsland

W65+: Gold, Margaret Smith

### MASTER SKIERS

M80+: Gold, Ellwood Thompson

M70+: Gold, Bob Frizzel; Silver, Peter Ruben; Bronze, Neil Travis

M55+: Gold, Hugh Geiger; Silver, Tom Ostreme; Bronze, David Trofimuk

W70+: Gold, Christa Jankins; Silver, Bonnie Wiegele; Bronze, Patty Edgar

W55+: Gold, Irene Collins; Silver, Evelyn Trofimuk; Bronze Mary Frizzel

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RESULTS FOR **SCRABBLE** HELD ON MARCH 8, 2018. WE HAD 6 PLAYERS AND DOUG KYLE WAS THE COORDINATOR.

Open 55+: Gold, Gladys Wilson

Silver, Estelle Matthews

Bonze, Al Hawken

**Gladys and Estelle will be representing Zone 3 in Camrose for the Provincials.**

## SPRING 2018 CALGARY 55 plus PLAYOFF RESULTS

<b>Contract Bridge</b>	Open Pairs 55+	Gold	Jeanette Smalenberg & Len Smalenberg	
		Silver	Judy Hawthorne & Gail Ennis	
		Bronze	Al Kreutz & Doreen Moore	
<b>Cribbage</b>	Open Singles 55+	Gold	Barb Shelvey	
		Silver	Debbie Stapleton	
		Bronze	Brenda Smith	
	Open Singles 70+	Gold	Gertie Collins	
		Silver	Allan Kreutz	
		Bronze	Stan Hay	
	Open Doubles 55+	Gold	Ken Marchuk & Stan Litwack	
		Silver	Pauline Simpson & Lenora Schwab	
		Bronze	Debbie Stapleton & Garry Rosling	
	Open Doubles 70+	Gold	Tom Wilcock & Judy Hawthorne	
		Silver	Bill Alexander & Maurice Roy	
		Bronze	Jack Hill & Shirley Costley	
<b>Pool 8 Ball</b>	Women 55+	Gold	Brenda Smith	
		Silver	Linda Sasaki	
		Bronze	Barb Shelvey	
	Men 55+	Gold	Craig Langford	
		Silver	Al Enevold	
		Bronze	George Lacoursiere	
	Men 70+	Gold	Bill Gunning	
		Silver	Don Hladky	
		Bronze	Maurice Lakness	
<b>Floor Curling</b>	Open Team 55+	Gold	Donna Rignanesi, Gloria Spielman, Ken Marchuk, Lawrence King	
	Open Team 70+	Gold	Pauline Simpson, Lenora Schwab, Rose Peters	
		Silver	Bill Alexander, Maurice Roy, Marielle Galibois, Dan Guglielmin	
		Bronze	Dean Gillett, Maurice Lakness, Wayne Lewanzick, Frank Murphy	
	<b>Military Whist</b>	Open Team 55+	Gold	Ilene Miller, Doreen Moore, Sheila Foster, Lorraine Fiesel
			Silver	Donna Dannish, Garry Rosling, Naser Rabbani, Gail Ennis
Bronze			Linda Elder, Joe Elder, Jean Moskeluk, Hilary Moxley	